

SEMANA DEL 18 AL 24 DE SEPTIEMBRE											
	LUNES	SALA	MARTES	SALA	MIERCOLES	SALA	JUEVES	SALA	VIERNES	SALA	
8:00h-08:30h	CICLO INDOOR		PILATES		CICLO INDOOR	CI		S2	CICLO INDOOR	CI	
9:30h-10:25h	PILATES	S2	PILATES	S2	PILATES	S2	PILATES	S2	PILATES	S2	
10:30h-11:00h			Glutens Brasileiros [®]	S2			CICLO INDOOR	CI			
10:30h-11:30h			Solo chicas		BACHATA	S2	30'		ZUMBA	S2	
10:30h-11:30h	BACHATA	S2	ZUMBA	S2							
11:00h-12:00h							HAMMER PUMP	S1			
11:30h-12:00h									Glutens Brasileiros [®]	S2	
11:30h-12:15h					Perfect Steps	S2			Solo chicas		
11:30h-12:30h	HAMMER PUMP	S1					indoorwalking	IW	ABDOMEN	S2	
12:00h-12:30h				45'			30'				
12:15h-13:00h			CICLO INDOOR	CI							
12:30h-13:00h	indoorwalking	IW					Glutens Brasileiros [®]	S2			
12:30h-13:30h	BOXEO	S1			BOXEO	S1	Solo chicas		CICLO INDOOR	CI	
14:00h-15:00h	BOXEO	S1			BOXEO	S1					
14:30h-15:15h	CICLO INDOOR	CI	HAMMER PUMP	S1	CICLO INDOOR	CI	45'				
17:00h-17:30h	CICLO INDOOR	CI	ABDOMEN	S1	Glutens Brasileiros [®]	S2					
17:00h-18:00h					Solo chicas				Perfect Steps	S2	
17:30h-18:00h	Glutens Brasileiros [®]	S2	indoorwalking	IW	indoorwalking	IW	HAMMER PUMP	S1			
18:00h-18:30h	indoorwalking	IW	CICLO INDOOR	CI	ABDOMEN	S2	CICLO INDOOR	CI			
18:00h-19:00h	HAMMER PUMP	S1	ZUMBA	S2	HAMMER PUMP	S1	Solo chicas				
18:30h-19:00h	CICLO INDOOR	CI			CICLO INDOOR	CI	Glutens Brasileiros [®]	S2			
18:30h-19:00h			ABDOMEN	S1							
18:30h-19:25h	PILATES	S2			PILATES	S2					
18:30h-19:30h					BACHATA	S1			PILATES	S2	
18:35h-19:05h			indoorwalking	IW							
19:00h-19:30h	CICLO INDOOR	CI			CICLO INDOOR	CI	indoorwalking	IW			
19:00h-20:00h	BOXEO	S1	PILATES	S2	BOXEO	S1			CICLO INDOOR	CI	
19:05h-20:35h	indoorwalking	IW			indoorwalking	IW					
19:05h-19:50h							CICLO INDOOR	CI			
19:05h-20:05h			HAMMER PUMP	S1							
19:15h-20:00h			CICLO INDOOR	CI							
19:30h-20:00h							ABDOMEN	S1			
19:30h-20:15h	CICLO INDOOR	CI									
19:35h-20:05h	indoorwalking	IW			CICLO INDOOR	CI					
19:35h-20:05h	ZUMBA	S2			indoorwalking	IW					
19:35h-20:35h					ZUMBA	S2	Perfect Steps	S2	BOXEO	S2	
19:35h-20:35h									HAMMER PUMP	S1	
20:00h-20:30h							indoorwalking	IW			
20:00h-20:30h							CICLO INDOOR	CI			
20:05h-20:35h	ABDOMEN	S1	ABDOMEN	S1	ABDOMEN	S1					
20:05h-20:35h			CICLO INDOOR	CI							
20:05h-21:05h			Perfect Steps	S2							
20:15h-21:00h	CICLO INDOOR	CI			CICLO INDOOR	CI					
20:35h-21:05h	Glutens Brasileiros [®]	S2			Glutens Brasileiros [®]	S2					
20:35h-21:05h	indoorwalking	IW			Solo chicas						
20:35h-21:05h			BACHATA		indoorwalking	IW	indoorwalking	IW	CICLO INDOOR	CI	
20:35h-21:35h	BOXEO	S1	CICLO INDOOR	CI	BOXEO	S1	HAMMER PUMP	S1	BOXEO	S1	
20:45h-21:30h							BACHATA	S2			
20:45h-21:45h											
21:05h-21:35h					ABDOMEN	S2					
21:35h-22:05h			indoorwalking	IW							
SABADO										SABADO	
13:00h-13:45h	NO HAY										13:00h-13:45h